

Scoring The Secret Dance of Seaweed: An explorative movement score for Co-Narrating More-than-Human Relations with a Coastal Landscape

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Like space and the people in it, objects influence our movements. The work with objects can enlighten less familiar, deeper narratives; 'unlocked' by their feeling, smell, weight, texture and look. This way of working prompts a curious investigation of both the self, the object, and most importantly, their relationship. It transforms our dance and the object that supports it.

As a gesture of a score, I offer these suggestions for explorations. Each can be done individually, or as a group. When working in a group, there is a richness of sharing and observing that working alone cannot offer. In this context, seaweed is the 'muse' and theme, to which each person will have a different response.

Place a glass/ container with fresh seaweed in the space.

1) Starting with an object - the importance of choosing

Invite each participant including yourself to bring an object that expresses their relationship to seaweed. Note that, at this stage, we are working not with the material itself but with anything that embodies a personal connection to it.

2) Show and tell - personal galleries

Encourage each participant to choose a place in the space. Ask them to place their object in a way that feels appropriate, in the spirit of 'curating their personal gallery'. Each gallery is then visited by the rest of the group. It feels helpful to ask each curator to consider where they would like the rest of the group to stand or sit while they tell the group the background to their chosen object. 'Show and tell' is an opportunity to create a 'performative, spontaneous sharing', without pre-planning how and what to share. This can be challenging, yet rewarding in that it allows for more than the 'on-top' stories to emerge. The group may wish to ask further questions about the object or what they have heard. This can be very free and spontaneous.

3) Curate yourself - you and your object

As a progression from curating the object in the space, this task focuses on the relationship between each person and their object, and how to express this in an authentic and embodied way. Encourage each participant to curate themselves with their object, either

* Standing

* Sitting

* Walking

The participants may want to consider the distance between themselves and their object. As with the 'Show and tell', invite the participants to share their curation, this time through physical embodied practice, which may or may not include the use of voice. Depending on the group, you may want to invite people to allow their embodied positions/ or walking to expand into a simple movement. Ensure participants remain rooted to the focus of connecting to their objects, rather than falling into the temptation to randomly dance.

4) Imagery and embodied response

check all participants are happy to be in physical contact with another person.

As a group, look at images of seaweed; a selection of three works well. Share these images as examples of embodied practice, with seaweed here being the embodied practitioner. Notice how seaweed IS, how seaweed moves or lies, how seaweed responds to its environment. The clarity with which seaweed is and moves... Choose one of the images and base the following improvisation on its activity/ state (i.e. attaching to, draping, or shapes). As a group, find ways to embody this. Give this time. Ebb and flow into the circle and connect. Physical contact may happen. Step out and give space. Allow this to become a continuous pulse. You will find a rhythm together, or not, all is fine.

SHAPES



DRAPING



ATTACHING TO



If you can safely venture into a riverbed or onto the beach, then do. Site-specific work has a rigorous tradition of embedding and entangling oneself with the environment. To work with seaweed itself in its home is a powerful experience. Take time to attune yourself to the home of seaweed. Start with a gentle walk in the landscape. Notice what you notice and find ways to share this. There is no right or wrong way of doing this.

You could repeat the 'Show and tell task' and invite participants to choose a part of seaweed and landscape that they feel drawn to. Find a way to share why and to explore sitting, walking, standing and connecting with their chosen bit.